

# Provincial Lite - May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
		3:45 pm Activation 4:00 - 6:00 pm CH	3:45 pm Activation 4:00 - 6:00 pm SD		7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	
5	6	7	8	9	10	11
10:15 am Activation 10:30 am - 12:30 pm UofC		3:45 pm Activation 4:00 - 6:00 pm CH	3:45 pm Activation 4:00 - 6:00 pm SD		7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	
12	13	14	15	16	17	18
10:15 am Activation 10:30 am - 12:30 pm UofC		3:45 pm Activation 4:00 - 6:00 pm CH	3:45 pm Activation 4:00 - 6:00 pm SD		7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	
19	20	21	22	23	24	25
10:15 am Activation 10:30 am - 12:30 pm UofC		3:45 pm Activation 4:00 - 6:00 pm CH	3:45 pm Activation 4:00 - 6:00 pm SD		7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	
26	27	28	29	30	31	
10:15 am Activation 10:30 am - 12:30 pm UofC	<b>Victoria Day</b>	3:45 pm Activation 4:00 - 6:00 pm CH	3:45 pm Activation 4:00 - 6:00 pm SD		OFF	
					<b>CSI 2024 / UCSC TREX</b>	

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)